

That's Hysterical! Now, Get Out!

Season 2 | Bonus Episode

Listener Feedback + THNGO Spoilers!

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On this bonus episode of That's Hysterical, Now Get Out. Spoiler alert. This is a big spoiler alert episode. I'm actually going to be reading some listener feedback, and I feel like I should say spoiler episode because you're going to find out how my hysterectomy went from this listener feedback. I know we're getting started with season two, but I've already had people reach out to me who are getting their hysterectomies. They have their eviction dates ready to go, and it's going to be sooner for them than Seasons 3 and 4, which talk about my post-recovery and lessons from that. So this episode is a spoiler episode to let you know really what the future holds, because I don't just want this to be a one-sided story. Now that I'm starting to get feedback and hearing from you, listeners, I wanted to use these bonus episodes to give you a little bit more context or backstory or connect with you more. I'm going to read the listener feedback and answer their questions. I'm not going to name names, but this is the message I received, and this was on Instagram. You can connect with me over on Instagram at that hysterical podcast.

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If you have questions or want to reach out, I'm hesitant to say my DMs are open. I've been scared by podcast listener DMs in the past, to be perfectly honest. But I feel like with this show, I want to make myself open to that feedback. So please, if you are on Instagram and you want to connect, That's Hysterical Podcast, or you can email that's hystericalpodcast@gmail. Com and connect with me there. But I'm going to get to the listener feedback, but I'm going to get to this message I received, and no names will be named. But the message I got was, Just listen to your amazing podcast. How are you? How did your surgery go? I have adenomyosis and going to have a hysterectomy on the 11th of March. I'm also ADHD and have worked in digital marketing for ages. Thanks again for sharing your experience pre-op. I can't tell you that sigh of relief of knowing that I feel like there are others out there like me. I love that. I just love that. I love when people connect with me on, I also have this, and I also do this. I think that's one of the great things about podcasting.

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Let me answer the questions. As I answered in my DMs with this person, I said, I am doing great. I'm doing awesome. I'm, I think, at the end of recording season 4 right now. Now, I'm saying that as somebody who plans on completing, editing, uploading the rest of season 2, season 3, and season 4, so that we have a complete podcast available for anybody who wants this information. Right now, spoiler alert, the hysterectomy is a little bit an old hat to me, and I don't mean that in a, I'm not grateful for it, I'm so grateful for it. It's the fact that I now forget that I had it. It's the fact that I wake up and I'm not in pain, and I don't have to focus on that. For the first few weeks, it was amazing. I would wake up and realize,

Oh, I'm not in pain. Oh, I'm not in pain. Oh, I'm not in pain. Oh, I'm not in pain. Oh, I'm not in pain. And guess what? I got used to it. It's great not having 95% of my pain anymore because of my hysterectomy. My My hysterectomy went great. It went smoothly.

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They found endometriosis, which not surprisingly, they found that they left both my ovaries, but I did have my uterus, my fallopian tubes, and my cervix removed. No complications. Recovery was so, so, so important. Having everybody remind me that I need to put the focus on myself during recovery, I think, helped me tremendously. Having my husband take over a lot of the stuff that needed to get done in an understanding, caring, and compassionate way. Having people remind me I'm not a burden. I think that was one of the things pre-surgery I was so worried about was being a burden because of this and knowing how much I do and how much I did. You know what's funny? I look at how much I did and now I can do that plus a whole lot more because so much of my time is not wrapped up dealing with pain anymore. This is starting to turn into a season 4 episode. But I wanted to answer this listener's questions of how am I? I'm great. I'm so happy I got the hysterectomy. I do feel like at this point of recording this podcast, that this is a success story, that it will wrap up nicely, that I will have more interactions with others, with adenomyosis, getting their hysterectomies, endometriosis, maybe others with ADHD.

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I love that others with ADHD and digital marketing are getting into this. Oh, my gosh. Digital marketers, come geek out with me. We need a whole group therapy session, to be perfectly honest with you. That's a whole other podcast. On this episode of Digital Marketers: Group therapy sessions. Now, for those who reach out to the show, I really appreciate it. I don't want to name names, but I do like reading those messages on the podcast because for others who are listening, it helps to know they're not alone. It really, really does. So wherever you are, at whatever stage of your own journey you are, I want you to know. I hear you. I'm with you. And I hope you know you're not alone. Thank you so much for listening. Thank you to this listener for reaching out. I appreciate you being here so much.

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Take care.